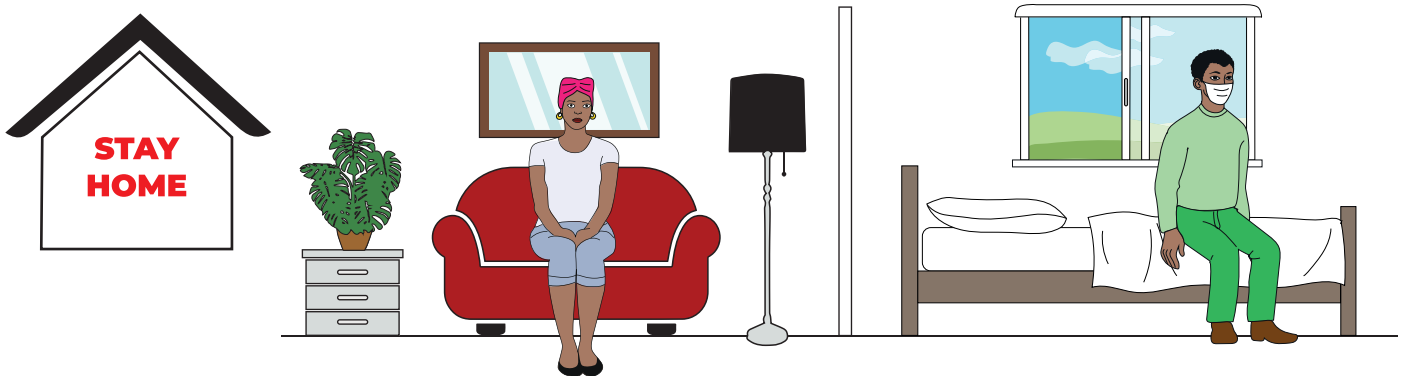


ADVICE FOR PATIENTS DIAGNOSED WITH CORONAVIRUS

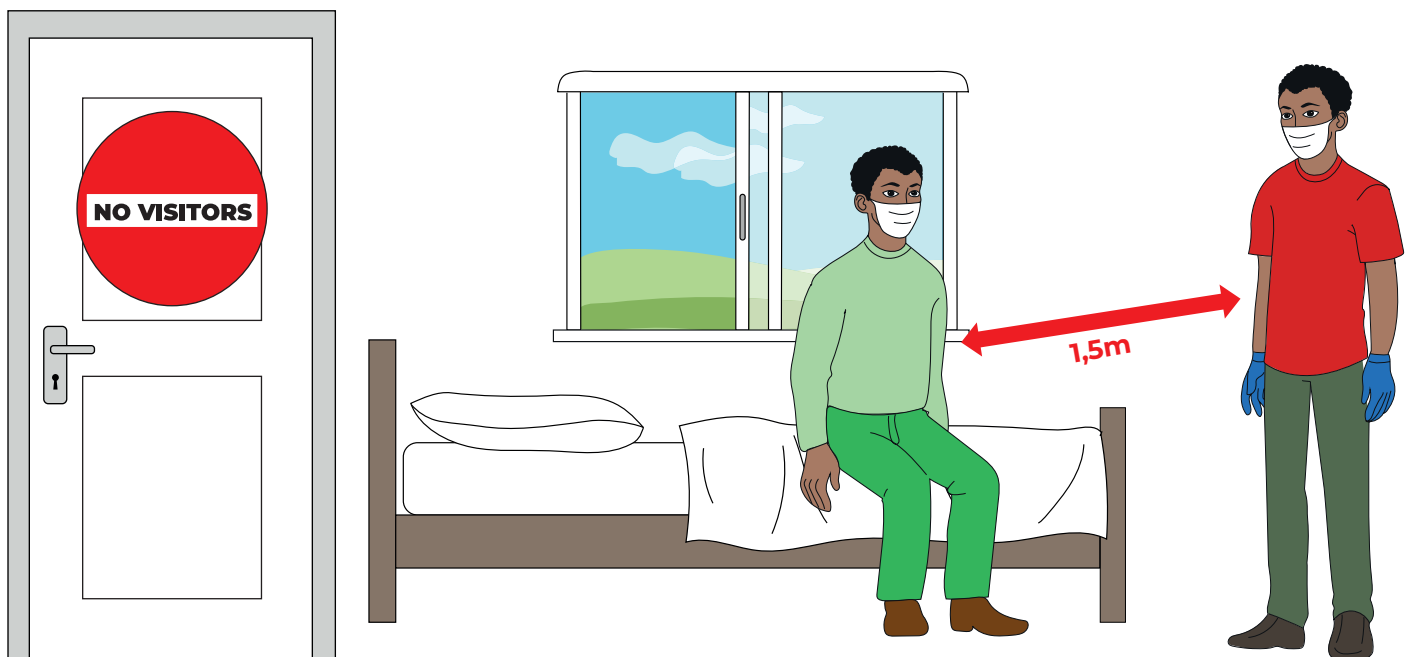
You are infected with Corona virus.

Protect your family from the virus. If you get more sick get treatment early.

1. ISOLATE YOURSELF AT HOME

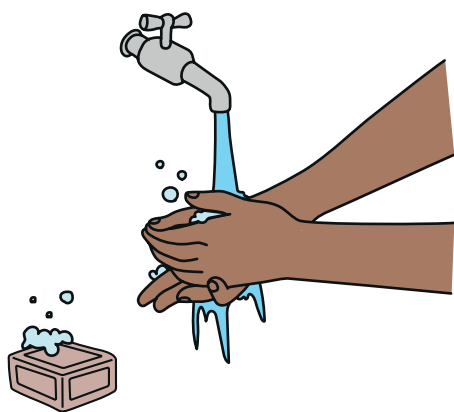


- **Stay at home;** do not use public transport; do not go to school, or work, or public places.
- **Stay in a specific room** and away from other people in your home until you are declared safe. If that is not possible, **maintain a distance of at least 1,5 metres from other persons.**
- **Eat and sleep separately** and use a separate bathroom, if available. **This isolation room should be well ventilated.**



- **Do not have visitors in your room** (especially older people and persons with chronic diseases). Where necessary **have one identified family member wearing protective equipment** to support you.

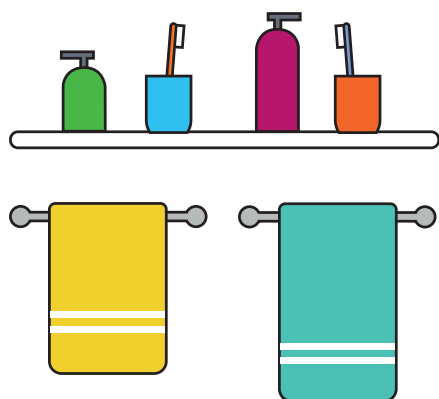
2. PREVENT THE SPREAD OF INFECTION



- **Wash your hands regularly** with soap and water, before and after eating, after using toilet, after sneezing/coughing and when entering or leaving the room and house



- **When coughing or sneezing, cover your mouth and nose** with disposable tissue and throw it away after one use (and then wash your hands) or use the inside of your elbow.



- **Have separate personal items** like towels, toothbrushes, cups & dishes (wash it with detergent and water after each use).
- **Throw away waste separately.**
- **Wash clothes and linen at $> 60^{\circ}\text{C}$.**



- **Clean the following areas once daily with soap and water or a disinfectant (such as bleach) :**
 - the **patient room**, including bathroom & toilet,
 - the **surfaces and objects** like doorknobs, phones, remote controls, **used by the patient.**



- **Wear a mask** whenever sharing a space with other people. Wash your hands after removing the mask. Avoid touching the mask while wearing it.

3. TAKE CARE OF YOURSELF



- **Seek help if you develop symptoms or existing symptoms get worse (eg difficulty breathing)**
- Feelings of loneliness, sadness, anger or worries are common during self isolation. **Try to do things that keep you healthy like exercise, eating and socialising.**